

Tovah Cowan, M.A.

1730 Brightside Dr. B., Baton Rouge, LA, 70820 | 225-200-8025 | tovah.cowan@gmail.com

Education

PhD in Clinical Psychology 2017-present
Louisiana State University

- Under the supervision of Dr. Cohen, in the Affective Science and Psychopathology (ASAP) Laboratory
- Received a Master of Arts diploma, August 2nd, 2019

Bachelor of Sciences, Honours Psychology, Minor in Multidisciplinary Studies in Science 2013-2016
Concordia University, Montreal

- Graduated with great distinction

Collegial Education Diploma in the Arts and Sciences profile 2011-2013
Marianopolis College, Montreal

- Graduated with Academic Honours

Awards and Distinctions

- Honorable Mention, National Science Foundation Graduate Research Fellowship 2017
- Valedictorian, Arts and Sciences Convocation 2016
- Received Vincent, Olga, and Denis Nicolas-Diniacopoulos Scholarship 2016
- Received PEPP Annual Research Day Award 2016
- Received Science College Prize 2016
- Received Leon Cynader Scholarship in the Sciences Winter 2016
- Research Design Case Competition – Winner of Developmental Psychology category 2016
- Received Concordia Undergraduate Student Research Award Summer 2015
- Received Leon Cynader Scholarship in the Sciences Fall 2014
- Arts and Sciences Scholar 2013-2014
- Received Concordia Golf Classic Entrance Scholarship Fall 2013

Professional Memberships

Society for Research in Psychopathology 2018-present
Society for Affective Sciences 2018-2019
Canadian Psychological Association 2014-2017

Research Positions

Research Assistant: Prevention and Early Intervention Program for Psychosis 2016- 2017
Douglas Mental Health University Institute, Montreal

- Conducted thematic analysis on interviews about posttraumatic growth following a first episode of psychosis
- Conducted qualitative interviews on client engagement
- Analyzed qualitative data
- Analyzed quantitative data
- Started a knitting group for service users and staff of the clinic, along with a co-leader

Research Assistant: Concordia Social Cognitive Development Lab 2014-2016
Concordia University, Montreal

- Created the Childhood Prosocial Assessment
- Coordinated volunteers as acting Lab Manager for Summer 2015
- Coded videos of children's behavior using Mangold INTERACT

Research Assistant, Groupe de Recherche sur les inadaptations sociales de l'enfance 2012- 2015
Montreal Children's Hospital

- Managed a database of participant information and responses
- Distributed and administered questionnaires to children with eating disorders

Research Assistant: Programme Crise Auprès de Familles d'Enfants et d'adolescents (CAFE) 2012
Université de Sherbrooke à Longueuil

- Translated and codified questionnaires

Publications

Manuscripts

Le, T. P., Cowan, T., Schwartz, E. K., Elvevåg, B., Holmlund, T. B., Foltz, P. W., ... & Cohen, A. S. (2019). The importance of loneliness in psychotic-like symptoms: Data from three studies. *Psychiatry research*, 282, 112625.

Cohen, A.S., Schwartz, E., Le, T., Cowan, T., Cox, C., Tucker, R., Foltz, P., Holmlund, T.B., Elvevåg, B. (2019). Validating digital phenotyping technologies for clinical use: the critical importance of "resolution." *World Psychiatry*. Accepted for publication.

Carter, S. P., Cowan, T., Snow, A., Cerel, J., & Tucker, R. A. (2019). Health insurance and mental health care utilization among adults who identify as transgender and gender diverse. *Psychiatric Services*. Advanced online publication. <https://doi.org/10.1176/appi.ps.201900289>

Cowan, T., Le, T.P., Elvevåg, B., Foltz, P.W., Tucker, R.P., Holmlund, T.B., Cohen, A.S. (2019). Comparing Static and Dynamic Predictors of Risk for Hostility in Serious Mental Illness: Preliminary Findings. *Schizophrenia Research*. 204, 432-433. <https://doi.org/10.1016/j.schres.2018.08.030>

Le, T.P., Elvevåg, B., Foltz, P.W., Holmlund, T.B., Schwartz, E.K., Cowan, T., Cohen, A.S. (2018). Aggressive urges in schizotypy: preliminary data from an ambulatory study. *Schizophrenia Research*. 201, 424-425. <https://doi.org/10.1016/j.schres.2018.05.045>

Cowan, T., & LeBlanc, A. (2018). Feelings under dynamic description: The asexual spectrum and new ways of being. *Journal of Theoretical and Philosophical Psychology*, 38(1), 29-41. <http://dx.doi.org/10.1037/teo0000076>

Jacob, A., Lavoie, K.L., Moullec, G., Laurin, C., Cowan, T., Tishaw, C., Kazazian, C., Raddatz, C., Bacon, S.L. (2018). Impact of cognitive-behavioral interventions on weight loss and

psychological outcomes: A meta-analysis. *Health Psychology*, 37(5), 417-432.
<http://dx.doi.org/10.1037/hea0000576>

Book Chapters

Cowan, T., Le, T.P., Cohen, A.S. (2019). Social Cognition and Schizotypy. K. Lewandowski & A. Moustafa (Eds.), *Social Cognition in Psychosis* (pp. 71-88). Cambridge, MA: Academic Press.

Presentations

Cowan, T., Smith, R., Cohen, A.S. (2019, September). “*Natural Language Markers Relate to Symptomatology in Individuals with Schizophrenia*”. Poster to be presented at the International Society for Research in Psychopathology, Buffalo, United States.

Le, T.P., Cowan, T., Elvevåg, B., Holmlund, T.B., Foltz, P.W., Tucker, R.P., Moscardini, E., Schwartz, E.K., Cohen, A.S. (2019, September). “*Improved Prediction of Dynamic Self-Injurious Thoughts Using Multidimensional, Ambulatory Assessment*”. Poster to be presented at the International Society for Research in Psychopathology, Buffalo, United States.

Kirkpatrick, B., Cohen, A.S., Raugh, I.M., Chapman, H.C., Cowan, T., Strauss, G.P. (2019, September). “*The 3rd Generation of Negative Symptom Assessment: Validation of Digital Phenotyping Measures in Schizophrenia*”. Poster to be presented at the International Society for CNS Clinical Trials and Methodology, Copenhagen, Denmark.

Cowan, T., Raugh, I.M., Le, T.P., Strauss, G.P., Cohen, A.S. (2019, June). “*The Disjunction Between Emotional Experience and Expression Measured in Real World Social Contexts in Individuals with Schizophrenia-Spectrum Diagnoses.*” Poster presented at the International Consortium on Schizotypy Research, New Orleans, United States.

Cowan, T., Strauss, G.P., Cohen, A.S. (2019, June). “*Ambulatory Biobehavioral Assessment of Expressivity in Schizotypy*” Symposium presentation given at the International Consortium on Schizotypy Research, New Orleans, United States.

Ferrari, M., Cowan, T., MacDonald, K., Pope, M., Villemus, C., Malla, A., Iyer, S. (2018, October). “*Lost in ‘practice’: Redefining engagement in early intervention for psychosis services*”. Paper presented at the 11th IEPA Early Intervention in Mental Health Conference, Boston, United States.

Le, T.P., Elvevåg, B., Holmlund, T.B., Foltz, P.W., Barkus, E., Schwartz, E.K., Cowan, T., & Cohen, A.S. (2018, September). “*The importance of perceived social affiliation in schizotypy and psychotic-like experiences: Data from three studies*”. Poster presented at the Society for Research in Psychopathology, Indianapolis, United States.

- Cowan, T., Elvevåg, B., Holmlund, T.B., Foltz, P.W., Cohen, A.S. (2018, September). "*The dynamic link between schizotypy and affect in state cognition*". Poster presented at the Society for Research in Psychopathology, Indianapolis, United States.
- Cowan, T., Le, T., Tucker, R., Elvevåg, B., Holmlund, T.B., Cohen, A.S., (2018, April). "*Static and dynamic predictors of hostile risk states in serious mental illness*". Poster presented at the Society for Affective Sciences Conference, Los Angeles, United States.
- Le, T., Schwartz, E., Cowan, T., Elvevåg, B., Holmlund, T.B., Cohen, A.S., (2018, April). "*Schizotypy and state affect interact to predict risk to self and others: preliminary data from an ambulatory study*". Poster presented at the Society for Affective Sciences Conference, Los Angeles, United States.
- Cohen, A.S., Cowan, T., Le, T., Fedechko, T., Lafield, D., Chen, J., Greening, S., (2018, April). "*Uncovering the 'Real-Time' emotional experience concomitants of self-report using machine learning*". Poster presented at the Society for Affective Sciences Conference, Los Angeles, United States.
- Cowan, T., MacDonald, K., Ferrari, M., & Iyer, S.N. (2017, October). "*I was just tired of being a patient*": A qualitative study on service users' reasons for (dis)engagement from an early intervention program for psychosis. Poster presented at the Qualitative Health Research Conference. Quebec City, Canada.
- MacDonald, K., Cowan, T., Ferrari, M., & Iyer, S.N. (2017, October). "*People can tell me things, but if I don't take action it doesn't work*": The meaning of Engagement to Service Users at the Prevention and Early Intervention Program for Psychosis (PEPP-Montreal). Oral presentation at the Qualitative Health Research Conference. Quebec City, Canada.
- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2017, October). *A qualitative investigation of positive, transformational change following a first episode of psychosis*. Oral presentation at the Qualitative Health Research Conference. Quebec City, Canada.
- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2017, September). "*It gives me so much each time*": a mixed methods study exploring how youth have benefitted from psychosis. Lightning Presentation at the International Conference on Youth Mental Health. Dublin, Ireland.
- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2017, July). "*Receiving the Gifts of Psychosis*": positive, transformational change in youth who have experienced a first episode of psychosis. Individual Podium Presentation at the Fifth World Congress on Positive Psychology. Montreal, Canada.
- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2017, June). "*I needed it to get better*": a qualitative investigation in to the positive, transformational role of first episode psychosis. Oral Presentation at the 2017 Douglas Research Day. Montreal, Canada.

- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2017, May). *Psychosis as a Gift: A Mixed Methods Study Exploring the Benefits Young People Experience Following a First Episode of Psychosis*. Oral presentation at the First Annual Integrative Psychiatry Conference. Montreal, Canada.
- Jordan, G., Cowan, T., Malla, A., & Iyer, S.N. (2016, October). *How treatment providers and services can promote posttraumatic growth in service users in treatment for a first episode of psychosis*. Poster presented at the Early Intervention in Mental Health Conference: Milan, Italy
- Cowan, T., Malla, A., Jordan, G., Iyer, S.N. (2016). *The Dynamic Relation Between Social Support and Positive Change after a First Episode of Psychosis*. Poster presentation at the Douglas Undergraduate Research Day. August 2016.
- Cowan, T., Malla, A., Jordan, G., Iyer, S.N. (2016). *The Dynamic Relation Between Social Support and Positive Change after a First Episode of Psychosis*. Oral presentation at the INSPIRE Symposium. August 2016.
- Cowan, T., Jordan, G., Malla, A., Iyer, S.N. (2016) *The Dynamic Relation Between Social Support and Post Traumatic Growth*. Oral Presentation at PEPP Annual Research Day, June 2016.
- Jordan, G. Cowan., T., Malla, A., Iyer, S.N. (2016) *Positive Change Following a First Episode of Psychosis: A Mixed Methods Study*. Oral presentation at Canadian Disability Studies Association Conference, June 2016.
- Jordan, G., Cowan, T., Malla, A., Iyer, S.N. (2016) *How do Early Intervention Services for First Episode Psychosis Facilitate the Benefits of Having a First Episode Psychosis?* Oral presentation at Canadian Association for Health Services and Policy Research Conference, 2016.
- Cowan, T., Dunfield, K. (2016) *Creation of the Childhood Prosocial Assessment*. Psychology Undergraduate Research Exposition, Oral Presentation. 2016.
- Cowan, T., Dunfield, K. (2016). *Helpers at the Nest: Early Childhood Prosocial Assessment*. Poster presented at Center for Research in Human Development Annual Conference, 2016.
- Cowan, T., Dunfield, K. (2015). *Helpers at the Nest: the Early Childhood Prosocial Assessment*. Poster presented at Concordia Undergraduate Research Showcase, 2015.
- Cowan T, Jacob A, Lavoie KL, Hogg-Tishaw C, Tolentino, R., Bacon SL. (2015). *Behavioural weight loss interventions and psychological outcomes: A Systematic Review*. Poster presented at Canadian Psychological Association Conference, 2015.

Volunteer

Treasurer – Queer Graduate Student Alliance

Louisiana State University

Involved in the creation of this student group

2019

Clinical Training Committee Representative 2018-2019
Louisiana State University

Editor 2015-2016
Concordia Journal of Interdisciplinary Studies in Sexuality

Presenter 2015
Brain Awareness Week, Montreal

Note Taker 2013-2015
Concordia ACCESS Center for Students with Disabilities

Youth Panelist 2014
European Congress for Adolescent Health, Paris, France

Teaching Experience

Guest Lecturer 2019

- Introduction to Counseling, *Basic Counseling Skills*
- Introduction to Psychology, *Emotions*
- Physiological Psychology, *Schizophrenia*

Teacher's Assistant 2017-2018
Louisiana State University, Psychology Department

- Taught a laboratory section for *Statistics for the Behavioural Sciences*. Responsibilities included preparing lectures and demonstrations, grading, and providing supplemental assistance to students.
- Assisted in course administration, including grading, make-up test invigilation, and preparing class materials for *Drugs, the Brain and Behavior*.

Private Tutor 2009-2018

- Provided support and tutoring for secondary level mathematics, and undergraduate and graduate level statistics to students on an individual basis

Other Experience

Administrative Assistant 2013
Paediatric Medical Group, Montreal

- Filed billing for out of province and emergency room visits

Selected Skills and Abilities

Software Experience:

- R
- SPSS
- FaceReader
- Mangold INTERACT

- Atlast.ti
- Microsoft Office

Languages

- English (oral and written)
- French (oral and written)